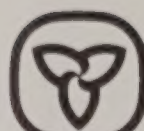


Here's a chance to check your own driving! These are common causes of trouble among older drivers. If two or three of the points apply to you, you should take the necessary steps to correct them.



Ontario

- Does the glare from headlights of approaching cars cause prolonged discomfort to your eyes at night?
- Do you need two or three tries when parking your car parallel to the curb in a parking space?
- Have you encountered difficulty in distinguishing between objects, such as a hydrant and a small child, when driving at night?
- Do you have trouble maintaining the pace of other cars or do they seem to be passing you all the time?
- Does it take you quite a long time to get going again after the light has turned green?
- Are you getting an increasing number of minor scrapes (such as from your garage door) and dents on your car?
- Are you missing important STOP signs, highway signs and other traffic indicators?
- Do you find yourself becoming confused when unexpected or unfamiliar things happen while you're driving?
- Do you have trouble making out objects that are a few feet away and those that are many yards away?
- When a car is approaching you on the road, do you have trouble judging how far away it is at a given moment?
- When you are looking straight ahead in the driver's seat, do you have difficulty seeing the sides of the road?

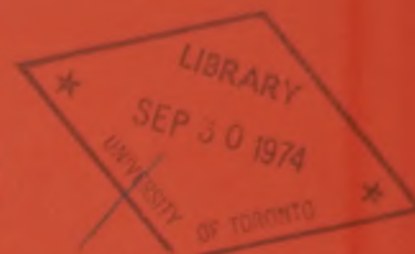
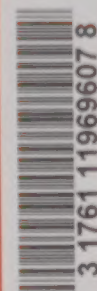
How many of these questions can you honestly answer with a "NO"? For your own protection, please consider your own driving if you have had trouble with any of them.

SAFETY OFFICE

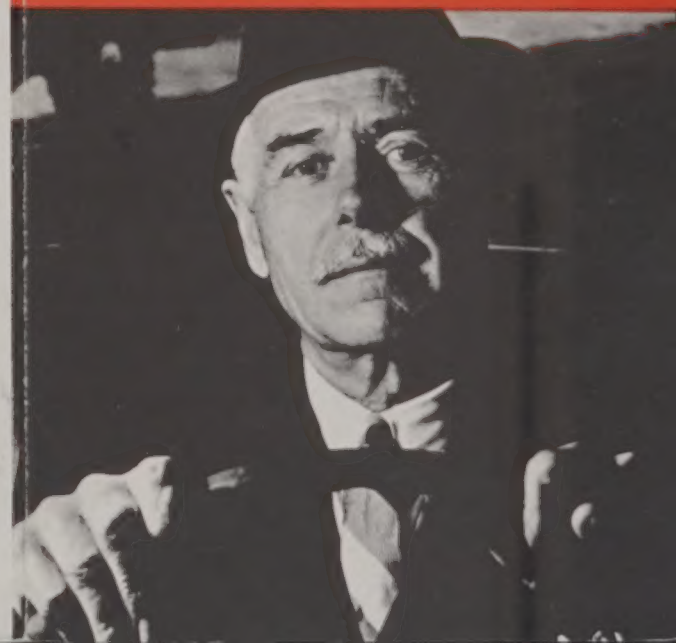
MINISTRY OF  
TRANSPORTATION AND COMMUNICATIONS

Hon. Gordon Carton, Q.C., Minister  
A. T. C. McNab, Deputy Minister

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## Driving Tips for Senior Citizens



Most older drivers enjoy the use of their cars and they handle them with skill. There is no reason why they should not continue to drive, as long as they are in good health and keep up to date with Ontario's traffic laws.

**T**HE passing years, unfortunately, take their toll of the best of us and sometimes they do it so gradually that we ourselves are not aware of the change.

Deterioration of vision, hearing or reaction develops almost unnoticed until we find ourselves faced with an emergency that we are no longer equipped to handle. The result is an accident that the driver could easily have averted a few years, or even months, earlier.

This is one of the reasons that the accident rate of drivers, 65 and over, in terms of miles travelled, is exceeded only by the rate for drivers under 25 years of age. Frequently reported errors made by older drivers include inattention, failure to drive in the proper lane, failure to signal or to observe STOP signs and signals, and unreasonably slow driving on busy highways.

Drivers between 70 and 80 who have not been involved in an accident should recognize that they need to exercise constant care to ensure their own safety and that of their fellow citizens on our streets and highways. Traffic conditions today demand more of every driver than they did ten or twenty years ago.

We hope this folder will help the older driver realize these problems and that he will use it to help improve his driving and keep his driving record clear.

## These are the problems that face an older driver in today's traffic

- As age progresses, hearing and eyesight are less keen.
- Judgment is slower. It takes longer to recognize traffic situations and to make the necessary decisions.
- Physical dexterity is weakened. Older people haven't the same ability to act with speed and decisiveness in an emergency.
- Older drivers are susceptible to injury and death. What would have been a minor accident some years ago, could mean injury or death now.
- The older driver is apt to forget that the volume of traffic is increasing all the time and that new rules and regulations are being continually introduced.

To meet these problems, we suggest that you consider the following points. They are all designed to make your driving safer for you and your family.

- Get your doctor's frank advice about your driving. If he advises you to avoid heavy or fast traffic or night driving, follow his advice.
- Keep yourself fit and well. Drive only when you feel up to it.
- Don't drive after taking medication unless your doctor says it's safe to do so.
- Be alert at the wheel. Try to anticipate any sudden or unsafe actions by other drivers, pedestrians or children.
- Keep up to date on traffic laws and rules of safe driving.
- Have a driving instructor check your driving and make suggestions. He can help you polish up your driving knowledge and skill and also inform you about current traffic laws and procedures.
- Plan every trip – short or long – before you set out. Avoid heavily travelled or high-speed routes. Stay away from routes or zones that bother you.



- Don't obstruct faster moving traffic by unreasonably slow driving. If you are impeding traffic behind you, pull off the highway and allow it to pass. Better still: choose another route or a less busy time of day or week.
- Keep your car and its equipment in safe condition. Take your car in for regular check-ups.
- Keep your windshield, headlights and your glasses clean. Dirt on any of these surfaces interferes with your driving vision – especially at night.
- Install and use safety belts in your car.